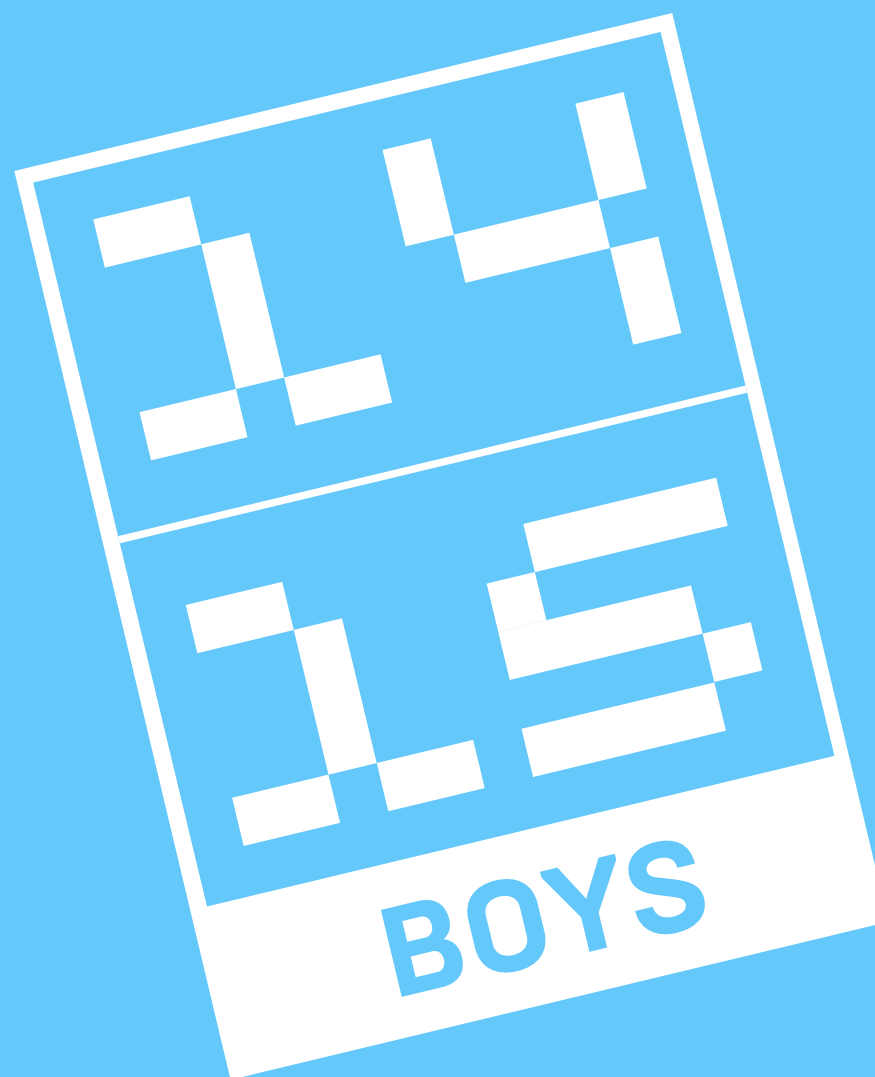
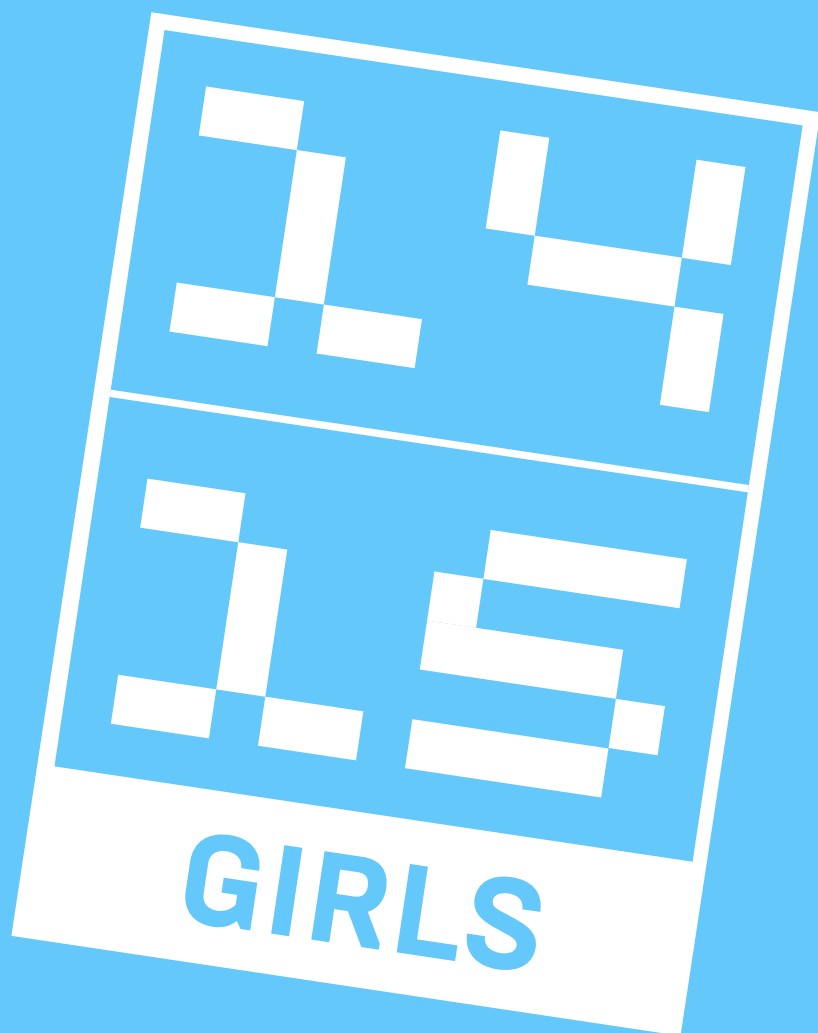


H Y R O X

RULEBOOK **14-15 YEARS**

תומך  
שיתוף



If you're 14 or 15, you're racing in one of two categories: **Girls 14-15, Boys 14-15**



There will always be a **WELFARE PERSON** from HYROX  
to help keep people safe and well.  
You can speak to them if anything is worrying you.

☐ **Sports clothes**  
– t-shirt/vest and shorts

☐ **Closed toe running shoes**

☐ **Water bottle**  
– for before and after your race

☐ **No chewing gum allowed**

☐ **Photo ID**  
(school or passport)

☐ **Race mindset!**

☐ **Hair tied back**

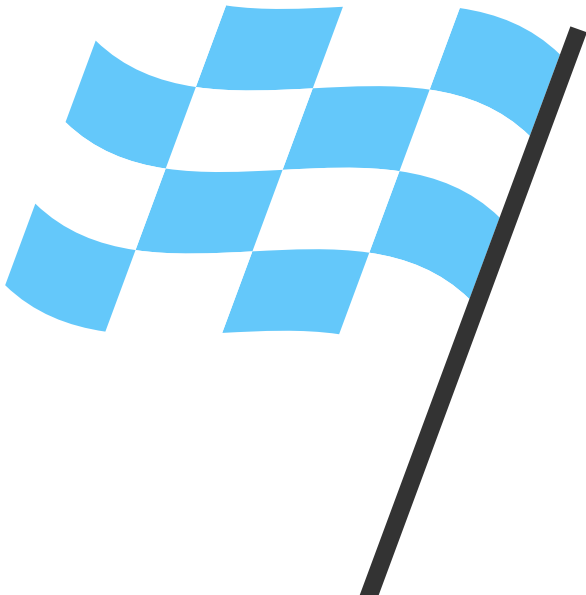
☐ **No jewellery is advised**

**Before you arrive**

# ROOKIE CHECKLIST

What Happens on

# RACE DAY



1

## Check-In with your Parent

You'll get a **division wristband** and a **timing chip** on your ankle — Keep them safe!

---

2

## Warm-Up Time (25 Minutes)

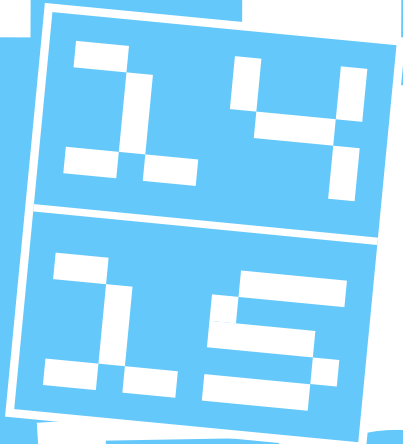
- **Coaches will guide you.**  
No parents allowed inside this part.
  - **You'll get warmed up in stages.**  
Our coaches will help and make sure you're doing great. We will also make sure you have tried the kit and equipment and also understand the race format ahead.
  - **Your start time is the time to arrive at warm up for your check in**
- 

3

## Start Line

**Be ready...** When the countdown reaches "ZERO" — **you explode.**

14-15 YEARS



RACE

FORMAT

## YOUR RACE

— RUN

01 **SKIERG**

02 **SLED PUSH**

03 **SLED PULL (ROPE)**

04 **BURPEE BROAD JUMPS**

05 **ROWERG**

06 **FARMERS CARRY**

07 **LUNGES**

08 **WALL BALL SQUATS**

## GIRLS 14-15

1 LAP between every station

600m

30m at 70 kg

30m at 50 kg

40m

500m

100m with 12 kg

40m with 7.5 kg

50 reps at 2 kg to 8ft

## BOYS 14-15

1 LAP between every station

600m

30m at 102 kg

30m at 78 kg

40m

500m

100m with 16 kg

40m with 10 kg

50 reps at 3 kg to 8ft

# BASIC RULES

to Remember



**Use only your assigned equipment and lane**  
Wandering = penalty

---



**Enter and exit the correct IN / OUT gates**  
Wrong arch = penalty

---



**No cutting corners.**  
**No missed reps.**  
**No half reps.**

---



**No arguing with Judges – ever.**  
Let performance speak

---



If in doubt, always wait for your Judge to say  
**“YOU’RE DONE!”**



## DON'T WORRY!

If you make a mistake, your race keeps going...  
but it adds time to your score:

+30

SECONDS

if you go in the **wrong**  
**station arch**

+90

SECONDS

if you **miss 1 lap**

+15

SECONDS

**each and every time**  
you **drop sandbag**  
from shoulders



**Bad burpee / lunge form**  
– Judge will give **time-based**  
**penalties** after warnings

Penalties (Mistakes  
That Slow You Down)

Penalties don't just slow  
you down — they remove  
you from contention.

# OOPS ZONE



## A true HYROX Youngstars Racer:



... **rac**es with **purpose**,  
not chaos



... **takes** correction,  
not offence



... moves with **power**  
and **control**



... earns **respect**  
**through effort**

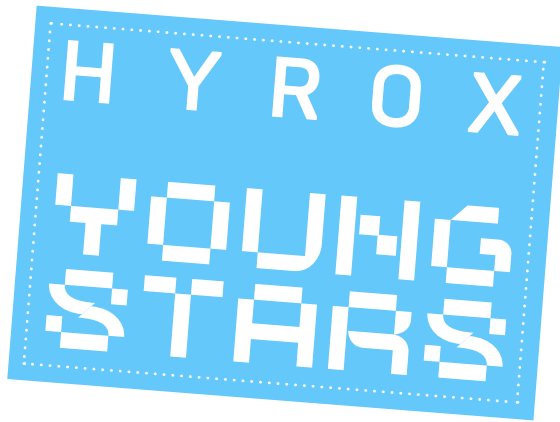


... finishes with  
**authority**

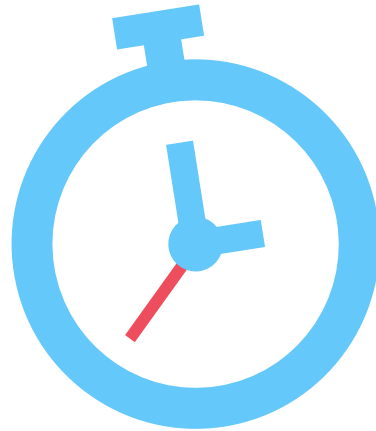


# CODE OF CHAMPIONS

# AFTER YOU FINISH...



**Patch** proudly  
earned



**Time** on  
the leaderboard



**Pride**  
in your chest

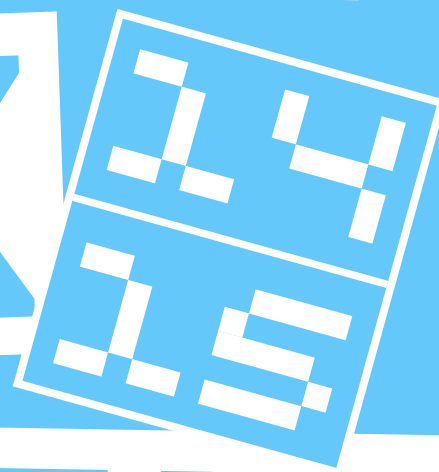
You've completed a tough race and are growing as an athlete – [Ready for the next step?](#)

BE BRAVE  
BE STRONG  
BE KIND



**YOU ARE A**

**HYROX**



**YOUNGSTAR**

